

# 2023

## TOMAH AQUATIC CENTER

411 E. HOLTON ST | (608) 374-7446

\*DURING POOL HOURS

# SWIM LESSONS

## PROGRAM INFORMATION

### **Parent/Child Aquatics (P/C) Ages: 6 months to 4 years**

Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several *guided* practice sessions to help kids learn elementary skills. Children learn basic skills through fun activities, such as blowing bubbles and playing with water toys. Parents with older children work with their swimmer to practice floating, kicking, and swimming back to the side of the pool.

### **Learn to Swim (LTS) Ages: 5 years to adult**

LTS is designed for children 5 years all the way up to adults. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of LTS includes training in basic water safety and helping others in an emergency, in addition to stroke development.

Level 1: Introduction to Water Skills

Level 4: Stroke Improvement

Level 2: Fundamental Aquatic Skills

Level 5: Stroke Refinement

Level 3: Stroke Development

Level 6: Swimming & Skill Proficiency

**Limit of 10 per class**

**Register at [www.tomahwi.gov](http://www.tomahwi.gov)**

- 1) Click Parks and Recreation
- 2) Click ONLINE Registration
- 3) Click Log In (sign in to existing Account or create new account)

**REGISTRATION BEGINS MONDAY, JUNE 5TH**

**RESIDENT \$30**

**NON-RESIDENT \$45**

## SEMESTER 1

**June 19—June 29**  
**(Monday—Thursday)**

**AM 11:10am—11:40am:**

P/C, LTS Levels: 1, 2, 3, 4, 5

**PM 1 5:10pm—5:40pm:**

P/C and LTS Levels: 1, 2, 3, 4, 5

**PM 2 5:50pm—6:20pm:**

LTS Levels: 1, 2, 3, 4, 6

*Friday's are weather make-ups.*  
*Limit 2/session.*

## SEMESTER 2

**July 10—July 20**  
**(Monday—Thursday)**

**AM 11:10am—11:40am:**

P/C, LTS Levels: 1, 2, 3, 4, 6

**PM 1 5:10pm—5:40pm:**

P/C, LTS Levels: 1, 2, 3, 4, 5

**PM 2 5:50pm—6:20pm:**

P/C, LTS Levels: 1, 2, 3, 4, 6

*Friday's are weather make-ups.*  
*Limit 2/session.*